



WAIVER

I know that running is a potentially hazardous activity. I should not enter the Dirty Dozen Trail Run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the event. I assume all risks associated with competing this event including high heat and/or humidity, traffic and the conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Dirty Dozen Trail Run, race organizers, volunteers, all sponsors, event partners and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver.

Signature _____ **Date** _____

 **FOOTZONE**
845 Wall Street
Bend, Oregon 97701



Another Fine & Dirty FootZone Event

6 & 12 Mile Trail Run & Relay

Good things come by the dozen (eggs, bagels...) or the half dozen (your favorite canned or bottled beverage). Why not treat yourself to a full course of a dozen trail miles in the beautiful Cascades. Not up for a Dozen? Then try the Half Dozen course. Whatever you choose, come out and GET DIRTY!

WHEN

Sunday, October 12, 2008

TIME

9:00a.m.

12 mile race starts shortly after the 6 mile race

Relay will start with the 12 mile

WHERE

Wanoga Snow Park on Century Drive, Bend, OR

DISTANCE

12 miles (dozen), 6 miles (half dozen) or 2-person relay

AID

Aid stations approximately every 3 miles with water and HEED sports drink

AWARDS

Top 3 Male and Female finishers and top 3 Masters Male and Female finishers in each race, and overall relay teams.

MAIL TO

FootZone, 845 Wall Street, Bend, OR 97701

Make checks payable to: FootZone Events

T-SHIRTS

Mens & Ladies technical shirts - \$15

PROCEEDS

To benefit Central Oregon Trail Alliance: www.cotamtb.org

PACKET PICK-UP

Saturday, October 11, 2:00pm - 6:00pm at the FootZone

Or Day of Race at the start, from 7:30-8:30am.

CONTACT INFORMATION

RACE DIRECTOR:

Dave Thomason

superdave@footzonebend.com

FootZone: (541) 317-3568

www.footzonebend.com

SPONSORS



USDA Forest Service
Pacific Northwest Region



ENTRY FORM

Field is limited to 500!

Name: _____

(Each Relay Member must fill out an entry form)

City: _____ Phone: _____

Email: _____

Age: _____ Gender: Male Female

Choose your flavor: Half-Dozen Dozen Relay

Shirt?? Men's Size: M L XL

Ladies Size: S M L

Emergency Contact: _____

Phone number: _____

EARLY BIRD ENTRY FEE -

FRIDAY, OCTOBER 3

\$20 - 6 mile / 12 mile \$15 - Add Shirt

\$15 - per person (Relay)

LATE ENTRY FEE -

FRIDAY, OCTOBER 10

\$25 - 6 mile / 12 mile \$15 - Add Shirt

\$20 - per person (Relay)



**Don't forget to sign
the waiver on the Back!**